

BEST PRACTICE CATALOG

Project Title: **TIMELINE**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Care of Patients**

Heading: **Programming**

Key Word(s): **Timeline; Psychotherapy tool**

Contact Person: **Janet Hosokawa, L.C.S.W.**

Telephone Number: **(909) 425-6177**

Hospital: **Patton State Hospital**

Purpose: Basic to goal-oriented psychotherapy in an in-patient forensic hospital and residential treatment center is the patient's use of his own history. The TIMELINE helps the patient visualize the interplay of all-psychosocial factors and support exploration and disclosure.

Brief Description: The TIMELINE is a tool used in individual psychotherapy with the forensic patients by the therapist. Three lines of development compose one axis: 1) physical landmarks (i.e., puberty); 2) interpersonal landmarks; 3) events – imposed or self-activated, and chronological age, the other axis. All patients benefit from the use of a serious exploration of one's own history. The information is amplified by the social worker for the annual social history evaluation updates. The TIMELINE as a tool is used clinically to melt resistance, to confirm knowledge of past stressors and to create an effective relapse prevention plan.

Selection Basis/Criteria:

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☐ Manual

☐ Other : _____

DATE SUBMITTED: **October 19, 1998**